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The IOWA HOMEMAKER

●
Swat That Moth!

By C. H. Richardson

Batik Goes Modern

By Elizabeth Flynn

Hearts Are Trumps

By Mrs. Henry Ness

Moderns Turn Sun Worshipers

By R. D. Miller
●

FEBRUARY, 1931

VOL. X - - NO. 8

THE MIXING BOWL

News From Here and There . . .

Get the Jump on Ham Mold

After you have cut a ham, have you had trouble with the cut end of the meat molding? To avoid this, let melted paraffin harden over the exposed surface.

Camouflage Ancient Linoleum

Ugly scars and worn off places in your kitchen linoleum demand endless scrubbing, yet the final result is still sad looking and faded. But why scrub, or go to the expense of new linoleum when a new surface may be inexpensively obtained by painting the linoleum some cheerful color, and when dry, applying a coat of varnish? Varnish is equally valuable for new linoleum, as it protects the surface and simplifies cleaning.

No Smoking, Spattering in Kitchen

When pie runs out in the oven, sprinkle salt over the juice. This will prevent it from smoking.

To keep bacon or eggs from spattering grease while frying sprinkle a little flour into the grease. The flour will absorb the water and aid in keeping your kitchen spotless.

Away With Sticky Shears!

When you cut marshmallows, do they stick to the shears and cause you all sorts of displeasure? If so, dip the shears into cold or hot water or else powdered sugar.

Fabric, Hosiery Exhibit Available

A fabric exhibit prepared by the Educational Division of the Sears Roebuck Agricultural Foundation, was displayed in the offices of the Textile and Clothing Department during the fall quarter.

The display consisted of woollens, rayons, cottons and silk and pile fabrics. Each sample of material was accompanied by a laboratory analysis which included price, weave, finished width, composition, construction, weight per yard in yard widths and finished widths, average strength per inch, definition and description of the fabric and its use.

The textile laboratory of Sears, Roebuck and Co., has prepared a bulletin entitled "Fabrics, Their Origin, Care and Use" which is used for educational work. The Educational Division of the Company has prepared a bulletin for home economics extension workers entitled

"Hosiery Facts and Fashions." It is a short resume of the factors entering into hosiery history, manufacture, selection and care.

These bulletins and the exhibit may be obtained from the company for any educational work in textiles, according to Miss Iva Brandt, head of the Textile and Clothing Department.

Health

It is written on every page in the nature book of life,

It glows in the golden dawn—

It sparkles in the sunbeam and starlight—

It flows in the sap of the trees—

It sings in the music of brook and bird—

It blooms in fragrant flowers and fertile field—

It silvers the Spring with splendor—

It drapes the Summer with bounty—

It assembles Autumn's artistry—

It garments Winter with ermine—

It makes melody in children's laughter—

It endows man with majesty and might—

Health—

The Breath of the Eternal.

—Sidney Eva.

Calico to Make Social Debut

Women will wear cottons for practically every occasion next spring, according to Miss Catherine Cleveland of the Cotton Textile Institute, speaking before a large group of interested home economists at the Friday afternoon session of the Home Economics Women's Association in the Fort Des Moines Hotel.

Miss Cleveland's suggestion was carried out very successfully by the attractive garments modeled by some of the Des Moines Junior and Senior High School students who displayed lounging and sleeping pajamas, school frocks, sport outfits, formal gowns and evening wraps executed wholly in cotton.

For women who wish to feel "dressed up" in calico, Miss Cleveland suggested the use of clever calico pajama suits. Dainty cotton lace party frocks worn with interesting velveteen wraps were quite popular with the audience and raised the question in some minds of why women should demand silk for formal wear when less expensive cotton frocks seem quite as attractive.

New Waxer Refinishes Floors

Clean, beautifully polished floors do not necessarily mean an undue expenditure of elbow grease and perspiration. For less than one cent an hour a floor polisher accomplishes what it would take a housewife some time to do. Some polishers apply the wax also and are equipped with sandpaper discs, wire brushes and pads of steel shavings to make it possible to refinish floors not too badly disfigured. Apply only a small amount of wax and run the machine over the floor slowly if you wish to accomplish the best results.

Flat Paint Boosts Radiator Heat

Metallic paint, applied to radiators, retards heat emission twenty percent. Ornamental inclosures also impairs heating efficiency. Instead, fit the radiators easily into the decorative scheme of the room by painting them with light flat paint which either matches or harmonizes with the color of the walls.

Salt Saving Stunt a Success

Save the salt used in freezing ice cream. Empty what remains of the cracked ice and salt mixture into a sack. When the ice has melted, a good portion of the salt remains.

Light the Way With Paint

When next you just escape (or don't escape) plunging headlong down the treacherously dark cellar stairs, don't sit nursing your bruises, but instead, search out a can of white paint and apply it in a border around each step. The edge will thereafter stand out clearly and illuminate the way.

Stage Clean-Up Week for Walls

To return grimy and spotted walls to their original smiling brightness, shave a cake of pure neutral (non-alkaline) soap into a quart of boiling water, and mix with a solution of two ounces of granulated glue, also dissolved in boiling water. Using this jellied cleaning compound like soap, wash walls with a soft sponge, beginning at the bottom and working up. Finish by wiping down with chamois.

THE IOWA HOMEMAKER

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VOL. X

FEBRUARY, 1931

NO. 8

Swat That Moth—or Look Out!

By C. H. Richardson, Zool.

Madame Stalks an Enemy

THE clothes moth, the devil of the clothes closet, is today finding it harder and harder to make an adequate living off my lady's wardrobe. "Anti" this and that and a hundred kinds of powders, gases, tablets and liquids are making life unsafe for him, but still every year even the most metriculous of housewives is bound to one day unexpectedly run across the tell-tale holes and powdery indications of his presence. To know how to deal with this marauder, if encountered, and how to constantly guard against his return is Madame's surest key to wardrobe happinesses.

Clothes moths cause much damage to materials of animal origin, attacking all types of woolen goods, furs, hair, feathers and the like. The results of their destructive work are especially noticeable in woolen clothing, upholstered furniture, carpets, rugs, and in the felts in pianos.

There are two species of clothes moths in Iowa, the webbing clothes moth and the case-making clothes moth. The webbing clothes moth is the most abundant and most of the damage reported is due to this species.

THE adult webbing clothes moth is a small, pale buff "miller," which avoids bright daylight, but may often be seen flying in dimly-lighted rooms and closets. Although most commonly seen in spring and summer, individuals may be found in heated dwellings at any time of the year. The moths do not feed at all, and live hardly more than a month, during which time they hunt out and lay their minute oval white eggs in the material upon which the caterpillars will feed. As many as 150 eggs may be laid by a single moth.

The eggs hatch in 7 to 10 days and the small caterpillars, shunning the light, work their way along the folds and meshes of the material to a place of seclusion. Here they feed upon the hair or other animal material, cutting holes into garments and spinning webs as they go. The caterpillars may reach full growth in a few weeks or the growth

period may last as long as two years depending upon the quality of the food and the temperature and air moisture. After full growth is reached the caterpillars transform to pupae or chrysalids, within silken cases.

To defeat the enemy even before he attacks is the best policy. Woolen clothing and other materials of animal origin should not be left undisturbed in closets, cupboards or trunks for long periods, particularly during the summer months, unless measures have been taken to protect them from moth injury. Such articles should be thoroughly brushed inside and out (under the collars of woolen garments) and placed in the strong sunlight for several hours before being laid

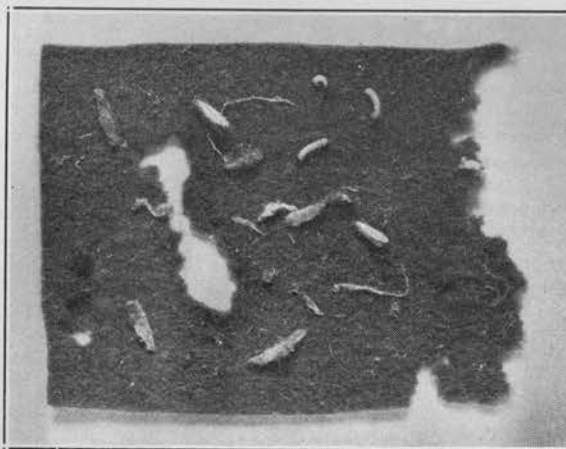
pound for a bag or large pasteboard box. As both these substances vaporize at the ordinary room temperature, it is important to use a quantity sufficient to last through the summer, when moths are most abundant. Naphthalene is more lasting because a higher temperature is required to vaporize it, but it tends to cling in garments, leaving an odor unpleasant to some people. Paradichlorobenzene has a less objectionable odor, but vaporizes more rapidly.

IF clothing has become infested with moths it is advisable to fumigate garments with carbon disulfide. For this purpose about three fluid ounces of carbon disulfide are required for a container the size of an ordinary trunk, the fluid being placed in a saucer on top of garments in the trunk. The trunk should not be opened for forty-eight hours and the air temperature at the time of fumigation should be 70 degrees F. or higher. As carbon disulfide is about as explosive as gasoline, it is necessary to use it only in the absence of flames, sparks or temperatures near the ignition point.

Moths are difficult to eradicate from upholstered furniture, but several methods are available. Perhaps the simplest of these is to place the furniture out of doors for several hours when

the temperature is below zero F., after which all stages of the insect are destroyed. Or the furniture may be placed in a room in which the temperature is raised to between 130 and 140 degrees F., and held in that range for six hours. Fumigation with carbon disulfide, hydrocyanic acid gas or some other suitable fumigant is also very effective, but gen-

(Continued on page 16)



"M-m-m Lunch!"

away. A well-made chest or tight trunk is a suitable place for storage. One may also use cotton or paper bags or pasteboard boxes sealed with paper strips.

Whatever type of container is used, one should always scatter flake naphthalene or paradichlorobenzene among the materials stored in the container. One pound of either of these substances is sufficient for an ordinary trunk and ½

Batik Goes Modern . . .

By Elizabeth Flynn

BATIK, while a comparatively new method of decorating textiles in the United States, has been used for several thousand years in the Eastern world. Today modern effects may be obtained at the expense of a little time and effort, and much enjoyment may be gained by the worker.

Java is probably the best known of all countries for its batik work. Javanese batik is made on calico-like material. Ordinary calico is imported from Europe and after special treatment is made very soft and unlike the original cloth. The designs, which are inspired from nature, are produced almost entirely by a wax resist. The colors used most frequently are orange, indigo blue and brown. The colors are very fast, since the material which has been decorated is used almost entirely for clothing, and the Javanese are very fond of being in the water and out in the sunlight.

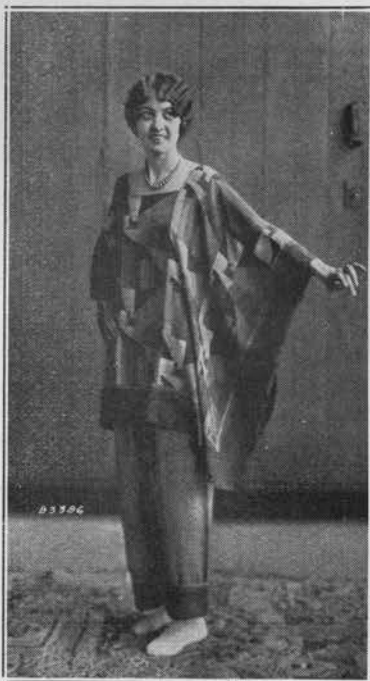
Batik was introduced into the United States by the Dutch about fifteen years ago and has become a very popular method of decorating textile fabrics. Wall hangings, curtains and various articles of wearing apparel are decorated most frequently.

Almost any kind of material can be used for batik, but silk and wool dye more easily than cotton or linen.

WHEN making a piece of batik it is often wise to sketch the design in water colors to get the effect in colors. The design may be very simple, either original or traced from an attractive pattern. It is drawn onto the material and the resist wax applied with a brush to the part of the design which the worker does not wish to dye. Beeswax or batik wax may be used. The wax should be heated hot enough to spread, but not hot enough to run. Make sure the wax has penetrated the material or the dye may be absorbed from the wrong side of the cloth.

Stretch the material tightly on a frame before you begin to wax. There is less danger of dropping wax on the material or of having the wax harden too soon, if the wax is placed on the same side of the worker as the hand with which she is applying the wax. If a drop of wax is accidentally dropped on the material, be sure to remove it before the material is dyed or the design may be spoiled. To remove the wax from a spot or part of a design, place the material over an absorbent pad and wet the spot with gasoline, benzene or carbena. Rub gently and continue wetting until the wax is removed.

When the wax which has been applied



Batik Adds Charm to This Negligee

is cold, wet the material thoroughly and put it into the dye-bath. Do not attempt

to squeeze the water from the cloth or the wax will be broken and the dye will penetrate the fibers, giving a "crackled" effect. Dry the material between newspapers or in the open air, and if more than two colors are desired, wax another part of the design and dye again, remembering that complements or near complements if applied over each other will give a gray or black.

The requirements for good batik dyes are:

1. Must be easily applied.
2. Must be used cold since wax melts at 128 degrees F. or 60 degrees C.
3. Color must be sufficiently fast not to be changed in removing the wax.
4. Colors must not fade in the sun or light.

SEVERAL dippings in a weak dye will give a better color than one dipping in a strong solution. Keep the material moving gently in order to secure an even color. Ammonia or washing soda will remove the dye stains from the hands.

Remove the wax after the batik is finished by placing the cloth between newspapers and pressing with a hot iron, or by rolling the material in brown paper and steaming over a teakettle. The latter process helps to set the dye. If wax still remains in the cloth after either of these processes, remove it by dipping the material in gasoline, benzene or some commercial wax remover.

K.S.A.C. Greeks Cut Expenses...

By Pearl Rock

THERE is always something of interest for the home economist to discover when she goes visiting. Miss Ruth Lusby, head of the Institutional Administration Department at Iowa State, found some interesting neighbors when visiting recently at the Kansas State Agricultural College, Manhattan, Kan.

Miss Lusby was guest of Mrs. Besie Brooks West, head of the department of institutional economics, and occupied the guest suite at Yanzile Hall, the one dormitory for women. The building is three years old, has a capacity of 130 girls, and is under the direction of the Institutional Economics Department. This department also directs the College Commons which is housed in a separate building and includes a cafeteria serving 800 meals a day, a small tea room, a dining room and a number of special banquet rooms on the upper floor.

In the evenings one wing of the dining room is converted into a tea room

patronized by faculty and guests, where girls majoring in institutional economics plan, prepare and serve a special dinner for 50 cents a plate.

All departments of the College Commons are used as laboratories. At the present time the institutional students are making a waste study on vegetables.

An interesting project is being carried out by a graduate student in institutional economics in which she is working in a fraternity and a sorority in connection with the college, taking charge of the planning, buying, and employment of help, supervising food preparation and service and approving all bills for the house treasurer. In one house the cost has been reduced from 70 cents to 45 cents per person, and a dietary study shows that the food is superior in quality and nutritive value under the new management. This piece of work was started in September, 1929, and is being continued this year. Other groups have asked to join, but could not be accepted.

Hearts Are Trumps . . .

By Mrs. Henry Ness, A. A.

Dan Cupid Gives a Party

THE festival of Valentine's Day is believed to have been named for St. Valentine, a Christian Bishop known as "the lovers' saint," who suffered martyrdom under Emperor Claudius on Feb. 14, 271 A. D.

It is told that Emperor Claudius issued a decree from Rome forbidding marriage, since married men were loathe to leave their families for war and did not make good soldiers, according to the Emperor's notion. The good priest Valentine heard and was grieved, and invited young lovers to come to him to be secretly married. Valentine was seized when this was discovered, and was thrown into prison, where he died, a martyr to love. The day of his death, Feb. 14, has been kept in his honor.

In the Middle Ages it was customary in England, Scotland and parts of France for the young people to assemble on the evening before Valentine's Day and draw names by chance. During the 17th century we first hear of the bestowal of gifts in connection with Valentine's Day. On Feb. 14, 1661, Sir William Batten sent Mrs. Pepys "half a dozen pairs of gloves and a pair of silk stockings and garters" for her valentine. Such was the original method of "gold digging." Sounds modern, doesn't it?

The paper valentine, usually of decorated design with sentimental verses, seems to have made its appearance in England during the last twenty years of the 18th century. Early specimens of this type are generally in quite good taste, drawn and colored by hand, produced in monochrome or engraved by lithography. "Dearest Fascinating Being" was a popular endearment often produced in letter form and written on copper plate. Religious subjects frequently decorated early paper valentines of the continental countries of Europe.

DURING the 18th century, the superstition was ripe that the first man seen by a maid on St. Valentine's Day was destined to be her husband. Great was the agitation of lovesick damsels who beheld a scullery boy or street urchin first on that day.

The endless knot of love was a familiar motif, and a pair of birds is seen on a large proportion of early valentines, due to the superstition that birds choose their mates on St. Valentine's Day.

During the '30's and '40's of the 19th century and for many years thereafter, the comic valentine was much in evidence, while mid-Victorian romanticism expressed itself in valentines engraved with elaborate lace paper borders. During the last years of this century, valen-

tines became so ornate that it has been said that they "died of their own too-much."

We are now urged to "say it with flowers," with bonbons and by wire, but we trust that the decorated valentines, with their tender sentiments, may not entirely perish from the earth.

For entertainment on Valentine's Day, the decorations, favors and food should be in the spirit of the day. The heart may be used profusely for decorations

menus affords the hostess abundant opportunity for originality. Fancy molds, timbal irons and vegetable and cookie cutters flourish at any hardware store. A heart-shaped cookie cutter or two in varying sizes will answer the purpose.

A very pretty first course is made of half a grapefruit sectioned and garnished with a red heart cut from marachino or candied cherries. Ground meat shaped in the form of a heart and baked in the oven or broiled under a gas flame is an inexpensive valentine dainty.

Attractive platters or planks may be arranged by using vegetables such as beets and carrots cut in heart shapes and piled lightly around mounds of mashed potatoes and heart shaped pieces of toast.

Any croquette mixture, thoroughly chilled and spread in a sheet of one inch thickness may be cut with a heart-shaped cookie cutter and fried in deep fat. Creamed oysters or chicken a-la-king served on heart-shaped pieces of toast garnished with a strip of pimento form a welcome part of a luncheon.

TOMATO jelly has the valentine color and may be cut out with a heart-shaped cutter which has been dipped in hot water, while gingerale salad may be put into molds prepared with little pimento hearts already at their bottom. When the salad is turned out the little hearts are molded in the top.

Fruit and cheese salads may be garnished by arrows and hearts cut from pimentos, and served as separate courses. Heart-shaped sandwiches or pastries fried in deep fat are attractive when served with these salads.

Desserts are always a source of interest in carrying out a dominant idea. Plain brick ice cream, cut in slices, may be stenciled in a design appropriate to the day. Trace your design on stiff paper and cut it out. Dip this stencil in hot paraffin and let cool, then lay it on a slice of ice cream and spread on a thin layer of whipped cream which has been previously colored with some food coloring. For another attractive dessert make a cake mixture in thin sheets, and when cold cut into heart shapes. Cover one side with frosting and decorate the edges with tiny red candies or chopped candy cherries to bring out the heart shape.

But remember—over-decoration in food or table design is worse than no decoration at all. Just as the valentine itself lost favor and all but died from over-decoration, so will our joy in its symbols be dulled unless we use restraint in applying them.

Menu No. 1

Grapefruit cocktail garnished with
½ marachino cherry

* *

Heart-shaped chicken croquettes,
stuffed baked potatoes dashed
with paprika

Harvard beets, gingerale salad,
rolls, butter, raspberry jam

* *

Ice cream stenciled with heart
Macaroons, nuts and candy hearts
Coffee

Menu No. 2

Tomato bouillon floating with pi-
mento hearts, wafers

* *

Roast veal and gravy, mint sauce
Escalloped potatoes dashed with
paprika, buttered peas
Rolls, butter, cherry preserves

* *

Bartlett pear and cottage cheese
salad garnished with pimento,
small sandwiches

* *

Strawberry parfait, heart-shaped
cakes
Coffee

and invitations. For the centerpiece, groupings of red candles, a doll dressed as Cupid, with bow and arrows, a large decorated cake or lace paper doily set on an old-fashioned crystal cake stand, red roses, carnations and tulips, all give charming effects. A heart-shaped valentine box from which streamers run to each place may also be set in the center of the table. In the box, attached to the streamer, will be the guest's valentine or favor, and on the other end of the streamer may be fastened a heart or cupid, to be used as a place card.

Red paper hearts suspended above the table or scattered over it give a festive air, as do heart-shaped nut cups or lace edged valentines used for place cards.

The preparation of Valentine Day

Did Your Cake Fall?

By Dorothy Clements

A FAMOUS birthday month suggests birthday cakes—and the most famous of them all is the "angel" cake. But, alas, too often the famed "food of the gods" is not food fit for consumption, only food for thought! At the hour of drawing that heavy mass of toughness from the oven, time and feelings do not permit of analysis.

The logical time for thought is before the mixing bowls are out. But if it takes more than imagination to see each step, bring out the most colorful bowls, the egg beater and the spatula. Thinking of the finished product, select a bowl for mixing that has a smooth, round inner base, so that in the process of folding, the spatula can make a clean turn without striking the sharp edges at the base of the bowl. Poor facilities for blending make for increased toughness. The handle of the spatula should be one that turns easily in the hand as the folding process is being carried on, for to obtain proper blending with a minimum of strokes the blending agent must work quickly and efficiently.

The egg beater, grown from the egg-whisk of grandmother's time, also plays an important part. Preferably, the blades of the beater should be thin in order to incorporate the maximum amount of air into the whites, making them fluffy and tender in a short space of time.

The basic recipe for angel cake is:

- 1 cup egg whites
- 1¼ cup sugar
- 1 cup pastry flour
- 2 tbsp. water
- 1 tsp. cream of tartar
- ½ tsp. salt

AN angel cake is made in four definite steps. First, beat the egg whites until they are frothy, and add the water, cream of tartar and salt. Continue beating until the mixture will slip slowly from the partially inverted bowl. Sift the once sifted sugar over the top of the whites, slowly in small portions. Fold this in gently with a spatula. Sift the twice sifted flour over this mixture and fold in last.

When the sugar in an angel cake is not blended, the resulting product is characterized by small volume, dry tough crumb and flat flavor. Over-blending carries the cake from its optimum volume to a small one. The cell walls are fine, close and compact and the flavor is flat. An insufficient amount of mixing of the flour into the batter produces a cake which is small in volume, tough in both crumb and crust, and coarse in cell structure.

The beating of the egg whites will vary with the individual and with the egg

beater. When whites are under beaten, the cake will come from the oven with a fairly small volume. When egg whites are over-beaten, the resulting product is tough and dry. Frequently, however, when the average person thinks the egg whites are over-beaten, they are really just beaten to the right stage.

The amount of cream of tartar to use and the psychological moment at which it should be added has always perplexed some cake bakers. A cake may be baked without any acid being added, but the product is tough, has large cells and is yellowish in color. The cream of tartar may be sifted with the flour and incor-

Stove Chart Ends Worry

"IT'S the oven!" we say sadly as we behold the morning's baking—pastry pie crust which just wouldn't brown, cake which cratered up in the middle and charred at the corners and weepy custard in which curds float in the whey. But then, on second thought, perhaps pies and cakes and custards shouldn't have been put in the oven at once. But how is one to tell? If you are one of the many who have oven worries, the following chart of cooking temperatures, pasted up beside the stove, should aid you.

Simmering temperature for water	180°F.
Boiling temperature for water	212°F.
Soft ball stage for fudge	233°F., 111°C.
Soft ball stage for fondant, sauces, frostings	236°F., 113°C.
Firm ball stage for divinity, caramels	248°F., 120°C.
Hard ball stage for taffies	270°F., 130°C.
Crack stage for butterscotch	290°C., 145°C.
Hard crack stage for brittles	300°F., 150°C.
Hard crack stage for caramelized sugar	310°F., 165°C.
Very slow oven	250°F.
Slow oven for meringue pies	300°F.
Moderately slow oven for egg dishes, custards, omelets	325°F.
Moderate oven for cakes, cornbread, gingerbread	350°F.
Moderately hot oven	375°F.
Hot oven for muffins	400°F.
Very hot oven for biscuits, pie crust	450°-455°F.

porated at the last, but the structure of the cake is coarse, volume is only fair and the acid flavor is quite pronounced. Adding the cream of tartar to the egg whites is much more satisfactory, as thereby the acid acts upon the proteins of the egg whites, making them more tender.

Soup and Nuts for All

THE woman who goes marketing for viands for a club supper, a church dinner or high school breakfast must be a combined mathematician, economist and high financier. It is easy enough to plan for a family of five, but how about dishing out soup and nuts to 50, 500 or 1,000? Great is the chagrin of the cook and manager when the salad peters out half way around, or a mountain of potatoes is left from the banquet. Here, then, are a few tips for the next time that you try large quantity cookery.

One quart of salad dressing will make from 35 to 50 salads.

A quart of salad will make from 8 to 10 servings, using a number 10 disher.

One pound of coffee will be enough for 2 to 2½ gallons of water.

One gallon of coffee will serve 20 people.

Five pounds of meat and bone will make one gallon of rich soup stock.

One gallon of soup will serve 20 people, or 5 gallons are necessary for every 100 portions.

In ordering meats for standard dining room service allow ⅓ pound per serving.

For family service allow ½ to ⅔ pound of meat per person.

For meat chops—allow ½ pound per person—(the chops being about ½ or ¾ inch in thickness).

For ground meat such as hamburger or meat loaf, allow for 5 or 6 servings per pound.

For creamed chicken allow ⅓ pound per person.

For roasting fowl allow ¾ pound (raw weight) per serving or allow ½ pound a person if served with dressing or dumplings.

Cooking by Guesswork

She guessed the pepper, the soup was too hot,

She guessed the water, it dried in the pot. She guessed the salt and what do you think?

For the rest of the day, we did nothing but drink.

She guessed the sugar, the sauce was too sweet.

And by her guessing she spoiled the meat. What of the moral? 'Tis easy to see; A good cook measures and weighs to a T.

(Selected)

The Food Digest Presents—

New Kinks in the Food Line

Tobacco Cause of Ulcer?

THE number of people who are addicts of the tobacco habit has increased a great deal over what it was a very few years ago. There has also been an increase in certain diseases recently, two of these being duodenal and gastric ulcer.

Dr. Irving Gray of Brooklyn, N. Y., recognizing this alarming condition, made a study of 400 individuals who had gastric disturbances, all of whom had been smoking for at least five years. The ages of these individuals ranged from 25 to 65 years.

Dr. Gray's study found that symptoms of duodenal ulcer could be produced by excessive use of tobacco. With the cessation of smoking the symptoms of ulcer gradually but definitely disappeared, but when smoking was begun again the symptoms returned within a week.

The chief poison in tobacco is nicotine, and authorities point out that nicotine is the principal agent of tobacco that causes gastro-intestinal disturbances.

Overweight?—See a Doctor

OBESITY, or the condition of being overweight, is a subject which has baffled the medical profession for years. Despite the popularized knowledge of daily food requirements, diet and control of weight, research workers are not at all certain that the fundamental cause of obesity is known.

The common and popular belief is that obesity is the direct result of a faulty diet. Some authorities attribute it to an abnormal functioning of the endocrine glands, while others call it a metabolic failure of the tissue cells to properly oxidize food materials. The theory has been advanced that obesity is due to water retention of the tissue cells. Other workers report a nerve center in the brain which controls body weight.

Overweight is now definitely recognized as a disease of the body. Some attempts have been made to classify obesity cases according to the believed cause, such as those cases of glandular origin, dietary cases, and a group called constitutional cases which defy all attempts at diagnosis.

Have You a Problem Child?

PERHAPS you have felt that your child is just one of those unfortunate children who positively cannot gain!

Any child, if he is free from physical defects (adenoids, diseased tonsils, etc.) and normal mentally, will gain if put on

"New Kinks in the Food Line," were selected from a group of surveys over dietetics research work collected by students in Dietetics Seminar. Contributors to this month's page are: Helen Heilberg, Irene Tolliver, Nellie Goethe, Bessie McEown, Rachel Havner and Lois Diehl.

the proper diet and kept in a pleasant, happy environment, according to Chi Che Wang of the Sarah Morris Hospital for Children, Chicago, Ill. A quart of milk a day, an egg a day, meat two or three times a week, potato once a day and in addition two other vegetables (one fresh and one cooked), two fruits and a whole wheat cereal are the essential constituents of the adequate diet.

But often a child may not have a good appetite, and will not eat what is set before him. This may be due to over-stimulation. The undernourished child has little initiative to play—but once interested, maintains a state of excitement. In that case, he should be kept quiet just before meal time.

Undernourished children are slow eaters and may not be able to finish in thirty minutes, according to Dr. Wang. They will chew, but not swallow the food, and are less apt to taste new foods. Therefore, in preparing food for them, try to make it especially attractive, tempt their appetites and, if necessary, allow them a little longer time to eat that they may have a clean plate. The satisfaction they derive from this will spur them on to repeat the feat.

Undulant Fever Hits U.S.

"THE undulant fever problem in the United States will be one of the most important public problems of the future," says Dr. K. F. Meyer of the Hooper Foundation, California.

Undulant fever in livestock is on the increase and has infected cattle, goats, horses, pigs, cats, dogs and poultry. Although not primarily due to milk supply, many outbreaks have been traced directly to that source, since contamination of the milk of infected animals is frequent. Pasteurization is not a safe preventive, as the amount of heat and length of time necessary to kill the organism are unknown. Direct contact with infected animals is the commonest source of the disease, and the greatest incidence is among livestock men, butchers, packers, farmers and veterinarians. The herds of Iowa are heavily infected, hence every precaution should be taken to safeguard the dairy.

Athletes--Take Notice

A CAREFULLY supervised diet during training for an athletic contest is one way to insure your chance of winning the game. A liberal intake of carbohydrate provides energy for the contestants. The most instantly available fuel for intense exertion has been found to be glucose.

In 1924, the Marathon runners were examined after the twenty-five mile run for presence of blood sugar. The winner, who finished in good condition, showed practically normal blood sugar, while those runners finishing later showed marked decrease of sugar in the blood along with fatigue and exhaustion.

The next year the participants of the race were supplied with a liberal intake of carbohydrate in their diet during training. During the race they were given three gram glucose candies to consume. The result was that the men finished in a markedly better condition than they had the previous year and also made better time records. An examination of the blood sugar of the contestants proved that it was considerably lower in almost all cases.

Sallowness Sign of Scurvy

IN large centers of population, scurvy is infrequent, but not rare. It is more frequent than supposed, however, because it is not often recognized. Nowadays this vitamin deficiency disease does not progress to the advanced stages it did in former years. This is because our diets include more fresh fruits and vegetables which contain the vitamin C. Scurvy in adults, however, will be more readily recognized, if the relatively minor symptoms, such as poor appetite and loss of energy are watched for, and the dietary history of the individual carefully evaluated.

One of the earliest signs is change in complexion. The color becomes sallow or muddy and constitutes an important danger signal to the eye of an experienced physician. Recent reports of scurvy deal largely with cases occurring in males over fifty years of age—men who live alone and whose diets consist largely of flours and compounds of food purchased at a store in a form ready to eat. This is called bachelor's scurvy.

Foods rich in vitamin C, the cure for scurvy, are oranges and lemon juice, tomatoes and cabbage. If an effort is made to include such foods in our diet, scurvy will become less frequent.



GIRLS' 4-H CLUBS



Club Work Is Glorifying the Iowa Farm Girl

Edited by Clara Austin

4-H Group Gives Musical Treat

ONE of the 4-H projects that is closely connected with the Heart H is music appreciation and this year an unusually interesting list of music selections has been planned for the 1930-1931 list.

One 4-H club took a rather new way of presenting the music memory selection before a large audience at a Four County Fair.

The first scene was a quiet living room with a baby's bassinet occupying the center of the stage. While someone sang Braham's "Lullaby" behind the scenes, one of the club girls entered carrying a large baby doll which she "put to sleep" in the bassinet. The next four songs were for the little brother and sister and the club girls asked their help in picturing four nursery rhymes. Jack Horner was a small boy seated on a stool suiting his actions to the words of the song. Bo Peep was a tiny girl dressed in a quaint costume looking for her sheep, and Ride a Cock Horse was a little boy riding a rocking horse.

Brother's selection was a good stirring march, "The Stars and Stripes Forever," and before a background which was a large flag, the whole club, dressed in club uniforms, executed a simple flag drill.

The club girl's music memory selection was "Fair Rosemary," and the members of the club in light, summer dresses grouped themselves on the stage arranged to represent a garden, while a tiny girl performed a few simple steps as the selection was played on the phonograph.

An oriental setting formed the background for "In a Persian Market." The girls in gay costumes acted out a Persian street scene while one of the smaller girls representing the Princess was carried through in an improvised sedan chair.

For father and mother, "The Irish Washerwoman" was represented by one of the girls who merrily rubbed, and scolded the children while her "husband" sat in the background watching.

The last, and perhaps the most beautiful scene of the series was the dramatization of "Down by the Old Mill Stream." A club girl dressed as an old man was sitting in an easy chair dreaming of days gone by. While the song was being sung behind the scenes, the bare-

foot boy in ragged overalls and a straw hat and the little girl "dressed in gingham too" appeared in the background as the picture in the mind of the old man as he dreamed of being "Down by the Old Mill Stream."

Round Table Talks Open Meeting

When the Iowa State Farm Bureau Federation met in Des Moines Jan. 14, 15 and 16, the 4-H club leaders and persons interested in club work held a luncheon discussion meeting each day.

The topic for the first day was "The Elements of Good Leadership of the Adolescent Girl." The discussion was led by a club leader, a club committee woman, a county club chairman and a home demonstration agent.

Girls' health problems as shown by a recent survey were discussion at the next luncheon by Miss Fern Goulding of Iowa State College.

At the last luncheon, 4-H music, contests and county-wide events were talked over.

—And Now Look Who's Here!

Good news for Iowa 4-H girls! Miss Fannie R. Buchanan, who has planned and presented our music memory programs for several years, has joined the Extension Staff this fall. In her work she will attend county meetings of Farm Bureau men and women, and 4-H Club boys and girls. The purpose of the project is to develop a capacity for greater enjoyment of music in the community, to assist in developing more worthwhile community programs and to stimulate social gatherings. This project will interest not only 4-H'ers but their parents also, since a music appreciation program has been planned for mothers, and an adult chorus is being planned in each county. A state 4-H boy's chorus is to be started at the boys' convention in June.

Previously 4-H girls have met Miss Buchanan only at state meetings, but now they will have the opportunity of becoming acquainted with her through smaller county gatherings.

Does Goiter Forerun Cancer?

SIMPLE goiter is frequently looked upon as a trivial ailment, not to be considered unless it amounts to proportions actually deforming. There are theories, however, that goiter is potentially dangerous—has cancerous possibilities and under certain conditions may develop into a quiescent form of toxic goiter.

It is quite generally conceded now that a lack of iodine in the thyroid causes it to enlarge. This iodine is normally supplied by water and foods containing iodine, the original source of iodine being the soil from which the water and foods are derived. There are large localities in the world where this iodine is totally lacking in the soil and hence it is lacking in the food. These are the so-called goitrous districts, and in them preventive measures should be taken to prevent goiter formation.

Though, strictly speaking, Iowa is not directly in a goitrous locality, it is on the borderland. Thyroid enlargement, moreover, frequently occurs in an entirely

goiter-free area, since with persons under unnatural physical or mental stress the needs of the body for iodine are temporarily increased. This, therefore, necessitates a temporary increase in the supply of iodine. Frequently these periods of stress and greater need are known or can be fairly foretold. They include foetal growth, puberty, pregnancy, lactation and the menopause. In general, it is well to remember that the ingestion of iodine is entirely a prophylactic measure and should be taken only under the direction of a physician.

Free Tips for Kitchen Spills

Keep a large blotter handy in the kitchen to absorb spilled food.

Small pieces of broken glass or sand may be picked up with dampened absorbent paper or cotton.

When grease drops on the floor, dash cold water on it at once. It will harden the grease and prevent it from being absorbed by the floor.

Moderns Turn Sun Worshipers . . .

By R. D. Miller, Physics

"Vita Rays" May Be Cure-All

THE sunbonnet days of fifteen years ago have been replaced by the sun-suit days of today. The same mothers who wore broad-brimmed hats and long gloves to protect their lovely skin from freckles and were saying, "Johnny, don't you dare play in the sun!" can now be found at the bathing beach, baked and browned to a turn.

If you and I were to fly to Corgnat, Switzerland, in the Alps, and there visit Dr. Rollier's famous "School of the Sun" for children, we would see many little children as naked as the day they were born, romping around in the snow, their little bodies glistening in the clear sunlight. These youngsters have learned the secret of the sun, and the valuable healing power that comes from its rays.

And now a word concerning these vital rays about which there is so much ado of late. Sunlight is made up of visible and invisible rays, all traveling on a medium known as ether. We have all observed the beautiful colors of the rainbow. They constitute the visible octave or spectrum of ether. The first octave above the visible spectrum is the ultra-violet octave. It is in this octave that we find a very narrow band of rays, the vita-rays, which play the great role in the production and maintenance of health in man.

BESIDES their value to the health of man, ultra-violet rays have been found to have an important part in certain plant and animal growth. Radishes which were grown under a glass substitute which transmitted a large percentage of the vita-rays, were found to be very much larger and heavier than radishes raised under ordinary window glass. Experiments with chickens have revealed a marked improvement in the health, and a stronger and better development in bone structure as the result of proper exposure to the vita-rays.

Probably the most valuable of all the uses of the vita-rays is the prevention and cure of rickets and other bone diseases in children. Rickets in children can be traced to an insufficient supply of phosphorus and calcium in the food or an inability of the system to properly assimilate the phosphorus and calcium which the food contains.

These days it seems we are almost compelled to live on vitamins, and one of the vitamins that we hear so much about is vitamin D. He is the gentleman who seems to be responsible for our general health, our vim and vigor and resistance to diseases. One of the important discoveries of late has been that ergosterol, a

sterole found in food, can be exposed and made to produce vitamin D by some chemical action of ultra-violet light. It is believed that it is the ergosterol in the skin of man and animals that explains



Miss 1931 Gets Her Vitamin D

the formation of vitamin D and the anti-rachitic properties of ultra-violet light. It is vitamin D that is responsible for the proper assimilation of the calcium and phosphorus from the food we eat.

We obtain our phosphorus and calcium for bone formation from our food. Milk, eggs and some vegetables are among the most common sources of calcium, and meat, whole cereals, eggs and milk are the most common sources of phosphorus. After being eaten, they are absorbed into the blood from the intestinal tract and drawn upon for bone formation. Naturally the conditions which would increase this

absorption would increase the chances for superior growth.

When the skin is first over-exposed to sunlight it becomes red, due merely to the heat rays from the sun. This reddish color soon disappears. A few hours later, however, the skin again becomes flushed and tender. This is a chemical burn due to the vita-rays from the ultra-violet octave. This erythema, or reddening of the skin, is commonly known as sun burn.

UNDER the action of ultra-violet light and infra red, pigment is produced in all humans except albinos, and some red blondes. It is formed most plentifully in the black race, not so noticeably in brunettes, and the least in blondes. It can in each case be increased by exposure to a strong source. It is believed that the tanning effect is connected with the adrenal glands and that the adrenal supplies to the skin a substance similar to adrenalin, which, under the action of ultra-violet light, produces pigmentation. Nature has provided this tanning effect for a purpose. A well pigmented skin acts as a protection against further burns from ultra-violet light. So a person with an extremely heavy coat of tan can better withstand the heat from the sun than can a person with a light skin. This explains why the children at Dr. Rollier's school can go coasting in the snow without clothing and be as comfortable as you or I with our heavy overcoats. It keeps the heat in as well as out. If this tan coat protects the skin against the action of the ultra-violet light, it follows that if we are taking a sun bath for its beneficial effects, we should not acquire a heavy tan, as this will render the skin impervious to further production of vitamin D.

STATISTICS show an increased death rate in the late winter. Vita-rays are not nearly so penetrating as the longer visible rays and throughout the winter we spend the greater part of our time indoors, wear heavy clothing and live beneath a veil of coal smoke. In fact, these rays cannot even penetrate the great thickness of atmosphere, which they must traverse when the sun is at its low altitude of winter, nor the ozone layer which is formed at the outer atmosphere. This ozone formation is maximum about June 21, so it is not until about the first of August that the ozone formation grows noticeably less and allows the vita rays to reach the earth in increasing amounts.

But today science is beginning to play

(Continued on page 10)

New Head Greets Association

AS the incoming president of the Iowa State Home Economics Association, may I express my admiration for the splendid progress achieved by the association in its brief history, and for the vigorous and healthy condition it is enjoying at present. It makes



Miss Lula Smith, President,
Home Economics Association

me feel doubly the responsibility the new officers assume when they take hold of this already going concern and undertake the job of carrying on still further. Our membership chairman will tell you that in numbers we are growing larger and larger. And shouldn't we be proud to know this is true?

But, let us not be too proud and become complacent because we are growing up. Iowa has one thousand home economics teachers. Is a membership of slightly over three hundred sufficient? If our association is of value to three hundred, shouldn't we be concerned over the seven hundred who are outside our ranks?

In a recent number of THE IOWA HOMEMAKER, a member of the association outlined four definite reasons for belonging to the state association, as follows:

1. From a sense of professional pride.
2. Because I know my association is working to acquaint the general educators with the basic principles of home economics teaching.
3. Because I know my national organization is working for better legislation for the home.
4. Because I like to attend the state association meeting:
 - a. It revives my belief in my job.
 - b. It gives me an opportunity of meeting those having the same problems as I have.
 - c. It gives me strength to fight on in the cause of a new profession.

Iowa State Home Economics Association

Association Officers: Lula E. Smith, University of Iowa, Iowa City, President; Mrs. Josephine Arnquist Bakke, Extension Service, Iowa State College, Ames, Vice-President; Mrs. James Dwyer, Roosevelt High School, Cedar Rapids, Treasurer; Mate Giddings, University of Iowa, Councilor; Ellen Pennell, Meredith Publications, Des Moines, Publicity; Lulu Tregoning, Extension Service, Iowa State College, Ames, Membership; Frances Zuill, University of Iowa, Iowa City, Legislation and Program of Work; Mary Farris, Supervisor of Vocational Homemaking, Des Moines, Program Chairman; Mary Sawin, Coe College, Cedar Rapids, Student Clubs; Elizabeth A. Stewart, Simpson College, Indianola, Nominating; Marcia Turner, Iowa State College, Ames, News Gatherer.

Edited by HAZEL McKIBBEN

The officers of the association this year would like to furnish a further reason for belonging to the Iowa State Home Economics Association. Only a very sketchy account can be given here, as the details are not yet worked out. But we, who sit at the top and look out over our vast territory, sometimes get a long distance viewpoint of significant happenings in the world of education and home economics in particular, that we feel you should know about. On the other hand, you, the laymen, are touching shoulders with the woman in the home and with that most fascinating thing, the girl of high school age. Sometimes you get bored with life or discouraged with your job. Often you are elated and inspired when you feel you have accomplished

something fine. We all go through the same experiences. Couldn't we help each other by exchanging experiences, doing for the other that which we as an individual are especially fitted to do? Doesn't every home economics woman, whether teacher, homemaker or club leader, have something to contribute to the cause of home economics?

(Continued on page 9)

It's Your Gain--Join Now

NEW YEAR'S resolutions! How they will be buzzing in the thoughts of everyone by the time this issue comes to you. Why not a resolution to begin the New Year by belonging to your professional organization, the Home Economics Association?

Our president, Miss Lula Smith, has given you several reasons for being a member of our Home Economics Association. I should like to add a fifth to that list: As individuals we can do nothing; as an organization we may move mountains.

There are 1,000 people in the home economics group in Iowa, not including homemakers. Of the 1,000, 311 are members of the association.

What are some of the new developments in this field? Can one person off in a small school be influential if she stands alone and knows nothing of newer developments? Recently all patterns in clothing were standardized through the influence of people in the profession. Could this have been accomplished through one person working alone? This is only one instance of many. The association assisted in the passing of the Capper-Ketchum bill. This bill has made possible an enlarged program for the

Iowa State Home Economics Association Enrollment Blank 1930-31

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This card to be returned to Lulu Tregoning, Extension Service, Iowa State College, Ames, Iowa

rural women of the United States through the Home Economics Extension Service. The Canner's bill and a larger appropriation for support of the Home Economics Bureau are both receiving consideration through our organized effort.

We are placing on page 8 an exact copy of the membership card, which may be filled in and sent with \$2.00 or \$2.75 to Lulu Tregoning, chairman of the membership committee, Extension Service, Iowa State College, Ames, Iowa. One dollar of this goes to the state fund, one makes you a member of the National Association, and if you send \$2.75, the 75 cents brings to you THE IOWA HOMEMAKER.

Sugar-Fruits Rival Candy

FOR candied orange peel, select the quartered peel of four oranges, two cups of sugar and one cup of water. Cover the peel with cold water and boil gently until tender. Cut the orange peel into thin strips, while the sugar and water syrup is reaching a soft ball stage. Add the peel and cook slowly for 10 minutes. Remove the peel and roll it carefully in granulated sugar.

Candied grapefruit or lemon peel may be prepared in the same way, but is made more attractive by the addition of green or red coloring to the syrup. These are very effective in decoration, making charming poinsettias.

Stuffed prunes are often used to take the place of candy. They should be washed and steamed for five or ten minutes, cut open and stuffed. A mixture of chopped almonds and pecans held together by prune pulp makes a delicious filling. Chopped candied apricots and almonds kneaded together and moistened with orange juice is equally tasty.

When stuffing cherries, open by cutting half way through each way so that four points are formed, which will come up around the stuffing like petals.

Head Greets Association

(Continued from page 8)

Now to be concrete. How can the Iowa Home Economics Association be of service to you? If you are a teacher, you no doubt miss the inspiration of the splendid library or supply of magazines and illustrative material always at hand in college. If a homemaker, no doubt you find it hard to keep up-to-date on new thought in home economics and to keep informed on new things in industry and trade. May we help you? Would you be interested in having a plan worked out whereby our association will bring to you the latest thought and development in Home Economics in its many aspects? Would you be willing to help?

Your president will welcome comments

(Continued on page 16)

Four Years in Home Management

By Jerry Martin

HOW would you like to spend your whole college life in a home management house? This is the experience of girl students in the University of Berlin, according to Gabriele Kruger, of Germany, who with a cordial smile and a delighted twinkle in her eyes, entertained me (the Inquiring Reporter) and

material, and the grade of this examination determines the term grade.

"But the equipment—the amount you have free use of amazes me! In my country the departments of the home economics colleges are organized much as are yours, but their equipment for study and research does not compare with that here!"

"HOME management houses? Oh, I think they are splendid. Our college girls always live in that sort of a place. The teachers and pupils live together and do all the work themselves, plan the meals and cook, and care for the house and gardens. Oh, our gardens are lovely, and we so enjoy caring for the flowers!" Miss Kruger spoke feelingly of her affection for her homeland gardens and of the joy shared by the students and instructors as they strolled through these gardens during the quiet hours of the early evening.

"Your campus—it is very lovely, but its spaciousness reminds me of a huge park when compared with my gardens in Germany. I most often think of my friends back at home when the evenings are quiet and the sun sets and the bells of the campanile ring. It is at this time that my friends are together—thinking of me."

Miss Kruger is enjoying the Memorial Union Building on our campus, and is especially interested in its organization, since a building of its type and purpose is entirely unknown to her. The German students enjoy parties and dances much as we do, but they have no building provided for these occasions. Each college in Germany has a general college auditorium, but it is used for school purposes only and no social functions are held there.

MISS KRUGER has been taking her work in the Household Equipment Department, and will remain on the campus until June, when she will complete her fellowship. Before returning to Germany she hopes to visit many of America's historical places, and to study the organization of the home economics departments in other American colleges and universities.

Putting It Over on Berries

To keep the rich red color of raspberries when mixed with whipped cream or pudding sauce, add a few drops of lemon juice.



Gabriele Kruger

drew word pictures of her native country while she enthused over the amazing things she found to interest her in America.

Miss Kruger comes to us from the University of Berlin, where she has been teaching and studying, her position there being much the same as that of a graduate student in an American college. Through the agency of the German Exchange, an organization for the promotion of higher education, she was enabled to enroll at Iowa State College on an Exchange Fellowship, but will return to Germany after the completion of her fellowship to take back to German universities new ideas and suggestions for organization in home economics and other fields.

"I like America, I like Iowa State College and I like my work and the friends I am making," smiled Miss Kruger, speaking with her delightful German accent of her life on the campus.

"But it is all so very different here," she continued whimsically. "In Germany the universities all use the lecture method and we are never asked to recite in our classes. There is not even any class roll. We go to our classes, or not, just as we please. At the end of each term examinations are given over the lecture

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The Fair
AMES FOREMOST STORE

Moderns--Worshippers

(Continued from page 7)

a joke on old Dr. Sun. We now plan to lay in a store of his famous pills during the summer that will hold out until he can come around again the following year.

It has been known for some time that cod liver oil and some other fish oils are rich in vitamin D and will prevent and cure rickets in children. Recent investigations have shown that many other foods can be rendered antirachitic and therefore containing vitamin D. In fact, there are many foods on the market today which have been "vitaminized" in this way.

Science is now producing another substitute for old Dr. Sun in the form of artificial light sources which in some cases are very much like the sun's rays. The market is now being flooded with lamps, each purported to produce the many rays in their proper proportion. While some of these lamps are very good as ultra-violet sources, it is probable that the public is being seriously misled in many cases.

It must also be kept in mind that the extremely short ultra-violet rays which are produced by many of these artificial sources, but which do not reach us from the sun, are very harmful to the eyes; each purported to produce the many rays produces an extremely painful malady known as conjunctivitis.

(Continued on page 15)

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THE IOWA HOMEMAKER

A Magazine for Homemakers from a Homemaker's School

VOL. X

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Iowa State on Trial

THE campus, students and faculty of Iowa State College are going on trial. Between two and three thousand of the most wide awake and critical citizens of Iowa and the nation will, during the week of Feb. 2-7, attend Farm and Home Week as guests of the college. What will their judgment of us be after they have watched us at work and on the campus—after they have eaten, walked and talked with us in their interest in finding out about college life?

It may be anything we make it. In the rush of classes—in the crowded halls of college buildings we have seen elderly women forced to jump from the path of none too courteous college students who just didn't think. Thoughtless smiles and needless comments have perhaps lowered the student body in the eyes of some delegate. During the next week we may have the rare opportunity of making lasting friends if we will open our eyes to our chances. Farmers and homemakers who are out in the field practicing the theories which we are now only studying have much to teach us. Positions as student guides, ushers and general dispensers of information offer choice opportunity for meeting our guests. Let's don't miss it.

It's Fun To Be Funny This Way

THESE are things we can't forget: the nameless salve which once soothed a baby burn; the first calculated lie; the idly cruel laugh of an unthinking adult at a cherished childhood dream; an unknown face; a clinging fragrance; a teddybear; books and a birthday cake. Why do they cling—these worthless fragments? Unclassified, disjointed—they but clutter up the shelves of our mental alcove while we sadly grope for the formulae and data which we

mislaidd there yesterday. Why do we not have house-cleaning every year and sweep out all idle thoughts that go nowhere, all half-painted pictures and faces we forgot to label?

* * * *

Useless? Disturbing? Yes, and yet . . . strange to say these foolish fragments, if blotted from our memories, would leave a ghastly hole. They are the little glints of gold that linger after the ache of the sunset is past. They twinkle up unexpectedly like elusive oysters in a bowl of soup. One is always so surprised (but secretly pleased) to see them.

And so, since there are two of us, and since we each think differently, perhaps it is just as well that it is not for either of us to decide whether we shall occasionally turn backward somersaults and find ourselves resurrecting things glad and sad from our pasts, or whether we shall go right on salting down "science with practice" in preparation for THE JOB. Memory will still continue to be a jester, and while we sometimes stumble over the cluttered wares in our mental storeroom, and sympathize with those who crack their shins . . . down deep we still are thrilled to find peering roguishly from among stern formulae and data, a clinging fragrance, a foolish childhood dream, a teddybear, books and a birthday cake.

We Break Into Print

SOMETHING between a brain-storm and St. Vitus Dance has hit a section of the college coeds. Soon after the morning mail delivery the victim suddenly indulges in resounding whoops and high jumping. The answer is always the same. *She has elected technical journalism and has sold her first story.* The mystery is solved. Brain-storm is permissible.

Here's a new way of adding to the family income. Unemployment at Iowa State is terrific. There simply aren't enough dish towels in the Memorial Union to keep everybody busy, and yet shoes still wear holes in our hosiery. Why not solve the problem of pin-money by turning class work to account (bank account), besides getting the thrill of breaking into print? The campus is a gold mine of information. That new experiment we heard about in class and the research problem our roommate is doing seem unimportant to us, but have the makings of clever stories for which scores of farm and home journals and newspapers will pay good money if we but know how to write them.

That little knack of expression, that "nose for news," is what we need. It is what that thrilled roommate learned in a quarter of technical journalism. We may never "sling ink" for a living, but Iowa State has prepared us to be specialists in the field of home economics, and in our work, whether it be as teacher, club worker, demonstration agent or commercial employee, if we know the "P's" and "Q's" of technical writing, we will find pleasure as well as profit, and a thousand ways of selling ourselves to the public.

Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Carmen Hensel

'twenty-three

Jessie Bourland Monroe of Rock Island, Ill., was severely burned when a kitchen stove exploded as she was preparing breakfast recently. Her two children, Robert and Joyce, died as a result of burns received and Mrs. Monroe was reported to be in a very serious condition.

'twenty-seven

Marie Graham Diton is in charge of the laboratory teaching of dietetics and dietotherapy for student nurses at Harper Hospital, Detroit, Mich.

Harriett C. Brigham, M. S., is now Home Service Director for the Oklahoma Gas and Electric Company. Miss Brigham was an instructor for one year in the Household Equipment Department at Iowa State. Last year she was employed in the education department of the Frigidaire Corporation.

'twenty-eight

Frances Jones was married to Charles E. Farnsworth on Tuesday, Dec. 30. Before her marriage, Mrs. Farnsworth had been head of the Nursery School at Vassar College. Mr. Farnsworth is assistant professor in the School of Forestry at Syracuse University at Wanakena, N. Y. He is also an alumnus of Iowa State.

Winifred Mighells Mathews is taking graduate work this quarter. Her husband is teaching on the staff of the farm management short course. They were married last summer and have lived on a farm near Danville, Ill.

Gertrude Bekman has a position as home advisor in Madoupin County, Ill. She has been employed as an instructor in the high school since her graduation.

Martha Jane Moffett will enter the California Lutheran Hospital, instead of the University Hospital, for dietetics training on Feb. 1.

'thirty

Jean Millard is spending six weeks in California. She journeyed to California via Arizona and Old Mexico. She will spend most of the time in San Francisco.

Ellen Palmerlee is doing interesting work in the Infant Welfare Society in Chicago. She is employed as a nutritionist. Since she began work there last fall she has been stationed at various units throughout the city. The Infant Welfare work is divided into many units. Each of these units is stationed in a definite district in the city. Miss Palmerlee visits the homes of the people and helps them with their problems in child nutrition. She suggests the sort of food they buy and sees that certain necessities are provided. Each worker has bi-weekly conferences with the people whom she visits to help them with their particular problems. Miss Palmerlee is very interested in her work there.

Katherine M. Stewart has accepted a position as home demonstration agent in Chester County, Pennsylvania. Her headquarters are at West Chester. She began work Jan. 1. Miss Stewart has just completed her hospital dietetics training at the Wesley Memorial Hospital, Chicago.

Dorothy Ingersoll was married during the fall to Bernie Klopstead of Sioux City. The ceremony was performed at the home of Mrs. Klopstead's parents in Cedar Rapids. Mr. and Mrs. Klopstead will make their home in Sioux City, Iowa. Mr. Klopstead is a former student of Iowa State.

Erma Plum is teaching at Lawton, Iowa. During the fall quarter she did graduate work at Iowa State.

Christine Phelps has accepted a position as assistant to Mrs. Leone Carroll of the Jewel Tea Company, with offices at Barrington, Ill. She has recently been employed in the linen department at the Marshall Field and Company store.

Ups and Downs of Baking Powders

By Emily Conklin

"I'M forever blowing bubbles. . . " gloats the can of baking powder as it watches from the shelf while Madame mixed up a cake, sure that it will soon be getting all puffed up in the comfortable heat of the oven. And now, if we are honest with ourselves, we will put aside our "know it all" attitude and ask—just what is it about baking powder that raises our cakes? Why do some powders raise them more than others? Why does much stirring affect some powders and not others? Why do we like the taste given by some and dislike that produced by others? And just how and when should we put the baking powder into the cake mixture?

If you take down from the shelf a can of baking powder, you will find written on it, its chemical pedigree. Sodium aluminum sulfate, tartrate salts and phosphate salts are the three families of baking powders which are at present on the market. Each, of course, has its familiar commercial name.

The tartrate powders contain both tartaric acid and cream of tartar. The tartaric acid reacts completely in cold water and therefore its leavening power is lost unless the product is put into the oven immediately after the powder has been added. It also readily loses its leavening power after being exposed to air. To supplement the tartaric acid, the cream of tartar is added. It reacts more

slowly in cold water and doesn't lose its leavening power.

The acid salt used in the phosphate baking powder has a great affinity for moisture and therefore will not keep long.

The aluminum baking powders now on the market contain both aluminum and phosphate salts. These acids have first class keeping qualities and have a leavening power corresponding to that of the tartaric powders.

Have you ever blown soap bubbles? If you have, you know that when air is blown through the pipe into the soap and water mixture, bubbles of all sizes drift off into the air.

Baking powders also form "soap bubbles" when mixed with the batter of a cake, but the bubbles given off by the baking powders are evolved without any blowing and are filled with carbon dioxide instead of air. This gas, carbon dioxide, instead of passing out into the air, pushes its way among the particles of the cake and causes the batter to rise. It remains in the cake until the structure is baked to such a degree that it will hold itself up, then passes out into the atmosphere—its work in the cake completed.

When the baking powder is added to liquid, each little grain of baking powder joins with a particle of liquid and the two together pop off, like all the hundreds of other kindred particles, to form a little gas bubble which, with all the

others, pushes the cake up until it can see over the edge of the pan. If too many baking powder grains (or as we generally say—too many teaspoons) are added to the cake batter, they will push it up so high that the structure of the cake will not be able to hold itself up and the cake will fall. On the other hand, if too few are added they won't be strong enough to raise the cake and it will be soggy and heavy.

Anyone can demonstrate this popping off progress for his own benefit by putting some baking powder in a glass with a little liquid. The bubbles will appear immediately and as the solution is heated they will form even more rapidly until all the gas has escaped into the air. Try out your baking powder in this way, watching carefully the rapidity with which the gas evolves. You may thus determine the best method of mixing the batter to avoid losing any of the leavening power of the baking powder.

It is harder, however, for gas bubbles to escape from a dough than from water because of the viscosity or thickness of the dough. Hence the bubbles are held in a cake dough unless liberated by over-stirring after the addition of the powder. This must especially be avoided in the

case of rapid action baking powders. However, if the dough is not stirred, it may be allowed to sit for some time before baking and little gas will be lost.

Certain types of baking powder now on the market have double action; that is, they contain some acids which will combine with cold liquids to give off gas and others which produce gas only when the liquid is hot. This type holds a distinct advantage over the type which reacts only with cold liquid, since even though all the gas produced by the cold liquid acid has escaped from the batter before it reaches the oven, the gas later evolved by the hot liquid acid would still be able to raise the cake.

If a cake is put into an oven which is so hot that a crust is formed before the gas bubbles have had time to evolve, the crust will be broken as these bubbles form and the cake rises and will leave cracks across the surface. On the other hand, an oven which is too cool will allow the gases to escape from the cake before the crust is formed to hold them in. A moderate oven in which both processes—gas forming and crust forming—are going on at the same time, is the most desirable.

(Continued on page 14)

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WOI Homemaker Half Hours

Tuesday, Jan. 20. "Outdoor Play at the Nursery School," Lydia Swanson, Child Development Department.

"Books for Children's Reading," Mrs. Alma H. Jones, Extension Specialist, Child Care and Training.

Thursday, Jan. 22. "How Honey Is Prepared for the Housewife," Prof. F. B. Paddock, State Apiarist.

"Afternoon Naps at the Nursery School," Doris Erwin, Child Development Department.

Tuesday, Jan. 27. "Music in the Nursery School," Frances Sandell, Child Development Department.

"Budgets and Weekly Wages," Helen Bishop, Head, Home Management Department.

Thursday, Jan. 29. "Ultra-Violet Light from Artificial Sources," Russell D. Miller, Physics Department.

Ups and Downs of Baking

(Continued from page 13)

If the cake is over-beaten before being put into the oven to bake, the gluten in the flour will be developed and the gas bubbles will not be able to distribute themselves evenly throughout the cake, but will follow along the tough strands of gluten, forming little tunnels or runways in the cake for the passage of bubbles and steam.

A batter with the following proportions which contains a phosphate or tartrate baking powder, will lose its volume if beaten more than approximately 150 strokes, for the powders will react with the cold liquid and the over-amount of beating will force out the gases which have been formed:

- 1 cup milk
- 1 cup sugar
- 3 cups flour
- ½ cup fat

Many other cakes with phosphate or tartrate powders are made better if stirred 300 or even up to 1,000 times.

Soda reacts with cold liquid in the same way as does a single action baking powder, therefore it should be treated in the same manner. If it is dissolved in cold water before it is added to the batter, some of the gas will be formed and pass out into the air and be lost. The practice of dissolving soda in water holds over from the time when soda refining processes were not developed and the soda was sold in rather large crystalline lumps. Then it was necessary to dissolve the crystals so they could be distributed evenly throughout the batter. But now the soda as we buy it is refined in such a manner that we can add it to the flour just as we add baking powder, without any fear of poor distribution.

Moderns--Worshippers

(Continued from page 10)

In the spring and summer the sunbath is available to all. Over-exposure at first, however, should be avoided. Expose the feet only for a few minutes the first day, then the lower limbs, gradually increasing the time of exposure and area of the body until the entire body is receiving the ultra-violet rays. The sun bath should leave you glowing with health, not exhausted and palpitating. Do not sun bathe during mid-day. The early hours and late afternoon hours are best because they irradiate us and invigorate with more light than heat. The eyes and head should be protected to guard against eye-strain and sunstroke.

Not far in the future we will, no doubt, be buying window glass at a reasonable figure which will transmit the vita-rays. We can then convert our solariums and even our chicken houses into health rooms. But at this time, when there is so much talk about ultra-violet light, sun lamps, etc., let us not become over-enthusiastic and let the ultra-violet "bug" run away with us, but rather, sensibly realize that light starvation must be avoided and that nature's doctor is one of our most valuable assets.

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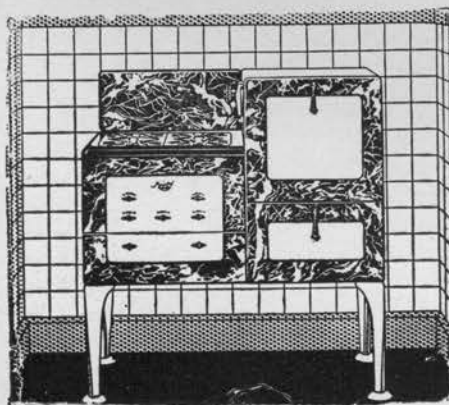
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(Continued from page 9)

and suggestions as to your feeling in this matter. No organization can prosper unless it has a reasonable and real reason for being. Let us put our shoulders to the wheel and make our State Home Economics Association a live, vital and necessary thing for the women of Iowa.

Sincerely yours,

Lula E. Smith.

Swat That Moth!

(Continued from page 1)

erally best done by someone familiar with the procedure. Another method is to saturate the upholstery with gasoline, using only the colorless product free from anti-knock compounds. During and after treatment the furniture should be placed in the open air away from fire.

Piano felting may be protected by hanging a cloth bag which contains one pound of either naphthalene or paradichlorobenzene inside the piano case. The piano should be kept closed when not in use.

It is very important to clean closets thoroughly with a vacuum cleaner, giving attention to corners and cracks along the base boards. Spray liberally with one of the household pyrethrum sprays all cracks in floors and around base boards, in fact, in all crevices where lint has collected. Carpets should occasionally be cleaned with a vacuum cleaner on the under as well as the upper side.

If the house is to be vacated for several months rugs and carpets should be liberally coated with flake naphthalene and rolled up tightly, then securely wrapped in paper.

Sometimes the entire building becomes infested with moths. In such cases fumigation of all the rooms and halls with hydrocyanic acid gas is necessary. As this substance is highly poisonous and dangerous in the hands of inexperienced persons, the housekeeper should call in an experienced operator to do this work.

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